High Tide Resources to Begin Trading on the Canadian Securities Exchange on February 25, 2022

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TORONTO, Ontario, February 24, 2022 – High Tide Resources Corp. ("**High Tide**" or the "**Company**") (CSE: HTRC) is pleased to announce that shares of the Company will begin trading on the Canadian Securities Exchange (the "CSE") under the ticker "HTRC" on February 25, 2022.

S**teve Roebuck, President, Interim CEO & Director of High Tide states**, "We are very pleased to begin trading on the CSE commencing Friday 25, 2022. We have come a long way in developing High Tide and are excited to present the Company to a broader investment community. Our corporate strategy and main objective are to create material shareholder value from the continued responsible exploration and potential development of the Company's Labrador West Iron Project and Lac Pegma mineral deposit. I would like to thank the many people who have assisted in making this moment possible."

About the Labrador West Iron Project

The flagship Labrador West Iron Project is ready for its grand debut in 2022. High Tide plans to quickly advance the project through the drilling phase, release a maiden resource and commence a PEA level study all within the first 12 months of going public. Explored and drilled by Rio Tinto Exploration from 2010 to 2012, and then by High Tide in 2020, with 22 core holes and ~5,200 metres of drill core logged and assayed, the deposit has already been significantly de-risked and ready for rapid advancement. Located only 15 kilometres northeast of Labrador City, Labrador the project is proximal to all the critical infrastructure required to explore, daylight and develop a major new iron deposit in the heart of the southern Labrador Trough which is home to 4 operating iron mines.

About the Lac Pegma Deposit

Located approximately 50 kilometres southeast of nearby Fermont, Quebec, the Lac Pegma project is a magmatic sulphide copper-nickel-cobalt deposit that was first discovered in 1955 and drilled in 1996. High Tide was very active at Lac Pegma throughout 2021 engaging in multiple campaigns with work that included; staking an additional ~1800 hectares of very prospective land along strike of the main deposit, flying a heliborne high-resolution magnetic and time-domain electromagnetic survey over the entire project area, prospecting, mapping and sampling historic and recently found outcrops, ground truthing new geophysical anomalies and recovering the 1996 drill core which was subsequently relogged and resampled.

About High Tide

High Tide is focused on, and committed to, the development of advanced-stage mineral projects in Canada using industry best practices combined with a strong social license from local communities. High Tide is earning a 100% interest in the Labrador West Iron Project located adjacent to IOC/Rio Tinto's 23 mtpy

Carol Lake Mine in Labrador City, Labrador and owns a 100% interest in the Lac Pegma copper-nickel-cobalt deposit located 50 kilometres southeast of Fermont Quebec.

Further details on the Company, including the NI 43-101 technical report on the Labrador West Iron property can be found on the Company's website at www.hightideresources.com

Qualified Person

The technical information contained in this news release has been approved by Steve Roebuck, P.Geo., President and Interim CEO of High Tide Resources, who is a Qualified Person as defined in "National Instrument 43-101, Standards of Disclosure for Mineral Projects."

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Neither Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this news release.

Forward-looking information

This news release includes certain "forward-looking statements" which are not comprised of historical facts. Forward-looking statements include estimates and statements that describe the Company's future plans, objectives or goals, including words to the effect that the Company or management expects a stated condition or result to occur. Forward-looking statements may be identified by such terms as "believes", "anticipates", "expects", "estimates", "may", "could", "would", "will", or "plan". Since forward-looking statements are based on assumptions and address future events and conditions, by their very nature they involve inherent risks and uncertainties. Although these statements are based on information currently available to the Company, the Company provides no assurance that actual results will meet management's expectations. Risks, uncertainties and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. Forward looking information in this news release includes, but is not limited to, listing of the Company's shares on the CSE, the Company's objectives, goals or future plans, statements, exploration results, potential mineralization, the estimation of mineral resources, exploration and mine development plans, timing of the commencement of operations and estimates of market conditions. Factors that could cause actual results to differ materially from such forward-looking information include, but are not limited to: the ability to anticipate and counteract the effects of COVID-19 pandemic on the business of the Company, including without limitation the effects of COVID-19 on the capital markets, commodity prices supply chain disruptions, restrictions on labour and workplace attendance and local and international travel, failure to receive requisite approvals in respect of the foregoing, failure to identify mineral resources, failure to convert estimated mineral resources to reserves, the inability to complete a feasibility study which recommends a production decision, the preliminary nature of metallurgical test results, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, political risks, inability to fulfill the duty to accommodate First Nations and other indigenous peoples, uncertainties relating to the availability and costs of financing needed in the future, changes in equity markets, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects, capital and operating costs varying significantly from estimates and

the other risks involved in the mineral exploration and development industry, and those risks set out in the Company's public documents filed on SEDAR. Although the Company believes that the assumptions and factors used in preparing the forward-looking information in this news release are reasonable, undue reliance should not be placed on such information, which only applies as of the date of this news release, and no assurance can be given that such events will occur in the disclosed time frames or at all. The Company disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, other than as required by law.